



ALFRED PRASAD

During his 10 years at the world-famous Tamarind in London's Mayfair, Alfred Prasad became the first Indian chef in Europe to be awarded a Michelin star. Born in the south of India, he nurtured a love of seafood and his menus offer imaginative adaptations of the rich cuisine of the north. As one of the Great British Chefs, Alfred has developed a recipe for Ocado in support of Peace One Day, a charity campaigning for a global truce on UN World Peace Day (21st September) peaceoneday.org It's called Love Cake, and with its Sri Lankan origins, this dense, rich cake is traditionally full of cashew nuts, combining the aromas of honey, spice and rosewater. The origin of the cake's name is a mystery but perhaps reflects its intoxicating flavour and richness.

greatbritishchefs.com/chefs/alfred-prasad



— In Alfred's Ocado trolley —

- Fentiman Rose Lemonade **51726011** £2.69 (750ml) • Waitrose Fresh Tagliatelle Bianche **12565011** £1.80 (500g)
- Ocado Pak Choi **65347011** £1.69 (300g) • Merchant Gourmet Giant Couscous **49065011** £2.09 (300g) • Two Chicks Liquid Egg White **39541011** £3.09 (500g) • Belvoir Organic Elderflower Cordial **32353011** £3.35 (500ml) • Reflets de France Gâche Brioche Loaf **62295011** £3.49 (400g)
- Ocado Exotic Mushroom Trio Mix **73329011** £2 (170g)



HOME TRUTHS

What's your favourite travel destination for food and restaurants?

Paris. My last visit was on a gastronomic tour. What struck me was that every arrondissement has a fresh market. I got the sense that everyone was passionate about food – it was truly inspirational.

What's your favourite dish to cook?

Biryani. I use a whole chicken on the bone and onions, cinnamon, cardamoms, cloves, bay leaf, chilli powder, yogurt, salt and tomatoes. Fresh mint and coriander are added when the basmati rice is thrown in and everything's cooked together. My wife calls the cooking time 'torture time' but we have to wait!

Do you ever buy takeaways/ready meals?

Yes – we have a small local Indian/Chinese takeaway called Yun Kin. I'd like to eat in front of the TV from time to time but my wife prefers to sit at the table.

What's your comfort food?

Again, biryani. Last summer on holiday in Tuscany my wife and I enjoyed lovely Italian wines and food, but when we got home it was all I wanted!

Sweet or savoury?

Both – but I do love chocolate, particularly dark chocolate. And if I'm going for pudding I'll always have something chocolatey – cake, mousse or tart.

Wine or beer?

Wine – but on Sunday afternoons in the garden I do like a chilled beer, particularly a Belgian one.

What's the one recipe anyone can cook?

At the risk of repeating myself, biryani! I'd love to get everyone to cook it. It's not complicated – the only skill is in peeling and slicing onions. Then you just throw things into a pot and let it cook together.



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